



# SOAR™



Communities That Care

## ***You can help a young person today!***

*Do you want the young people in your community to become healthy, responsible adults? Of course you do! Well, making that goal a reality may be easier than you think. The key is bonding, and here's how it works:*

### ***Provide meaningful opportunities***

to young people. These could be anything from helping to prepare a meal to coaching younger players on a team. Young people need to feel that they're a valuable part of their family, school and community.

### ***Build skills***

—with the proper skills, a young person will be able to do a good job with the opportunities you provide.

### ***Give recognition***

to young people for their effort, progress and accomplishments! A hug, a special privilege or a simple "thank you" are all good examples.

### ***Opportunities + skills + recognition = bonding!***

Set a good example. When young people are bonded to adults who consistently set healthy beliefs and clear standards for behavior, they have what they need to make healthy choices in a complicated world.





# Helping a young person is its own reward!

Think of how you can provide opportunities, skills and recognition to this young person today!



*Making the world a better place—one child at a time!*

I'm going to make a difference in the life of this young person by providing skills, opportunities and recognition starting today!

Write the name of the young person here.

SOAR<sup>TM</sup>  
into action!

Your name here

Today's date

## Opportunities

I'm going to provide the following opportunities to this young person:

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## Skills

I'm going to teach the following skills to this young person:

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## Recognition

I'm going to provide the following recognition to this young person:

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## Share what you've learned!

Give this card to another adult to teach him or her how to use bonding.



SOAR<sup>TM</sup>

**You can make a difference with bonding!**

Bonding with the young people in your community can help them become healthy, responsible adults. Here's how it works:

- ✓ Provide meaningful opportunities so young people know they're an important part of their family, school or community.
- ✓ Teach skills to help young people do a good job with the opportunities you provide.
- ✓ Recognize young people for their effort, progress and accomplishments!
- ✓ When you do all of the above, you'll build a bond with young people. And they'll follow your lead in practicing the healthy beliefs and clear standards you set for them.

**A brighter future for the youth in your community starts with you—today and every day!**